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Ashley finds new TV role in Missing

Metro looks at five new shows on the spring schedule PAGE 11

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K-9s in the dog house

A new kennel for the Winnipeg Police Service K-9 Unit is in the works. The hard-working police dogs are currently living with officers in their homes

Dogs with the Winnipeg Police Service's K-9 Unit may soon have a new place to hang their police hats. The city is poised to award tender for a new $1.2 million headquarters to house the unit.

"It's been in the plans for about a year now at least," confirmed protection and community services chair, Coun. Paula Havixbeck on Thursday.

"Right now what's happening is officers are taking them home … which is nice on one hand but it's really hard for officers to get a break. "It's better for the dogs to be in one location, so that's been the goal."

The kennel will be built at the east district police station on Dugald Road, and will feature 11 indoor air-conditioned kennels, an indoor puppy run and a grooming area. Winnipeg police spokesperson Const. Jason Michalyshen said the service won't comment on specifics about the new facility while it's still in the tendering process, but did say they're pleased to see the unit has found a permanent home.

"Every unit and division requires certain resources and supports in place to do their job effectively," he said. "Members of the executive and all members of the service want a good facility for these members so they can effectively do the jobs that we so value."

According to their website the WPS' Special Operations Unit has 10 K-9 teams including a narcotic detector dog, three explosive detector dogs and several cross-trained narcotic and tactical dogs. SHANE GIBSON/METRO

Types of breeds in unit

- **The WPS K-9 unit generally uses Belgian Malinois' as general-purpose dogs as well as German shepherds.** Labs are also used as detector dogs because of their high hunt-and- play drives.
- **Source: wwinnipeg.ca/police/canine**

Apartment block EVACUATED after Sunday blaze

Three men and one woman were taken to hospital after a fire broke out in an apartment complex on Beliveau Road Sunday morning around 8:45. All are in stable condition. SHANE GIBSON/METRO

Putin extends hold on Russia for six more years

Former leader claims victory in controversial vote as opponents allege fraud PAGE 4

Outdoor hockey on thin ice

Our national pastime is threatened by climate change, study says PAGE 5

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Scaling a pretty cool tower

As Gabriel Tougas, left, picks his way up while Nicolas Baisburd floats down after topping the 20 metre ice climbing tower at Whittier Park Saturday. The men are members of the St. Boniface Section of the Alpine Club of Canada. SEAN LEDWICH/METRO WINNIPEG

Graham James: Is he harmless or a monster?

Reference letters. Accounts from Crown and defence paint starkly different pictures of James as he awaits sentencing.

Is disgraced former hockey coach Graham James a quiet, harmless rehabilitated sex offender or a calculating deviant whose predatory behaviour is likely to re-emerge?

Psychiatric reports and reference letters filed by the Crown and defence paint starkly different pictures of the man whose fate now rests in the hands of a judge and who was described by his own lawyer as the most hated individual in Canada.

James is "consistently decent and kind with our mutual friends and my family, including my children," wrote a co-worker in a reference letter filed by defence lawyer Evan Roitenberg.

James never swears in front of women and never "drank a sip of alcohol" in the time the co-worker has known him.

The identity of the five people who wrote reference letters for James cannot be revealed under a court order.

The letters all bear a similar description — a man reserved and polite almost to a fault. A man reformed.

James pleaded guilty, and his lawyer is seeking a conditional sentence with no jail time. James has been vilified in the media and has been the target of hatred, Roitenberg told the court.

The Crown has asked for a prison term of six years.

The sentencing date will come almost 15 years after James was sent to prison for repeated sexual assaults on two other players, including former NHLer Sheldon Kennedy. He served 18 months of a 3 1/2-year sentence.

A woman who says she has known James for years wrote a reference letter that said he should be spared.

"I have never at any time seen him behave inappropriately. In fact, I have seen quite the opposite. He has always behaved in a modest and reserved manner," she wrote.

"In my opinion, Graham is a much-changed person (from) the man he was in his 30s."

The Crown, however, has put forward a very different description. A report prepared by a Toronto psychiatrist says James is likely to reoffend.

THE CANADIAN PRESS

'No leniency'

"Do not show leniency to Graham James. He certainly never did to me or any of his other prey. He had many opportunities to stop, to get help, to change, and he never took them. In fact, he kept going."

Victim Theo Fleury

'Low risk'

"Experience with the law and therapy helped him to accept accountability and responsibility.... (James is in) one of the low-risk categories."

Defence psychiatrist

'Always a risk'

"Mr. James will always pose a risk to adolescent boys because of his deeply engrained erotic preference."

Crown psychiatrist

Antique treasures. Edmonton man finds serendipity, family photos in Winnipeg

SHANE GIBSON
shane.gibson@metronews.ca

It's a coincidence of historical proportions.

Eighteen old family photographs with historical significance to Canadian politics will go on display in Alberta this week after the National Post reports an Edmonton man found the collection — of his own long-dead relatives — by chance at a Winnipeg antique store.

"My heart almost leapt out of my chest," Wayne MacDonald, an administrator at the University of Alberta told the Post of his unbelievable find.

The photos were taken between 1878 and 1915 and include shots of Sir Charles Tupper, a Father of Confederation and former Prime Minister of Canada, among pictures of James MacDonald and his family.

James MacDonald, who was a friend of Sir Charles Tupper and served as legal adviser to the Fathers of Confederation, is Wayne MacDonald's great-great grandfather.

"What are the odds of this happening?" MacDonald said to the Post. "It is serendipity."

MacDonald was in Winnipeg for a conference in May 2003 when he decided to stop in an Edmonton Street antique store to find a Mother's Day gift for his wife. After not finding anything of interest, the shop owner invited him to see what was in the back, and that's where he made the amazing discovery.

"These photographs are a treasure," said MacDonald, telling the Post the Winnipeg shop owner told him she'd found the collection in a dumpster some 25-years earlier. "They are absolutely invaluable to me."

The black and white photographs in Edwardian and Victorian frames have been restored and will go on display at the University of Alberta's Faculty Club starting Wednesday.

St. Boniface

Police look for robbery suspect

Winnipeg police are asking for help in the search for a suspect after a business was robbed in St. Boniface Friday.

Officers were called to a retail store in the 300 block of Provencher Boulevard around 6:50 p.m.

A female clerk said that a man had come in and given her a note asking for cash.

The suspect fled with an undisclosed amount of cash.

The suspect is described as Caucasian, 5'5."

SHANE GIBSON

Service. Winnipeg police chief McCaskill is set to retire

Winnipeg police Chief Keith McCaskill has announced he will retire when his contract expires in December.

He says he always thought four or five years in the top job would be enough, and he and his wife want to spend more time together.

McCaskill was sworn in as the city's 16th chief of police on Dec. 10, 2007.

He joined the Winnipeg Police Service in 1976.

At one point he served as the co-ordinator of aboriginal and municipal law enforcement with the province's criminal justice division.

McCaskill says he'd like to have someone from within the force take over his job and to be in place by the time he retires Dec. 9.

He says he is most proud of the relationships he's founded within the community, although he didn't get into specifics.

THE CANADIAN PRESS

1 NEWS

On metronews.ca

NHL stars add their voices to movement fighting homophobia

First, it's Rick Nash. Then Duncan Keith, Brian Boyle, Matt Moulson, Joffrey Lupul, Claude Giroux, Daniel Alfredsson, Scott Hartnell, Corey Perry, Andy Greene, Dion Phaneuf and Henrik Lundqvist. As each of the NHL players repeats a simple message in a powerful public-service announcement released Sunday, they add their voice to a growing movement aimed at creating a level playing field in the sport, regardless of sexual orientation. It's the brainchild of Patrick Burke, a scout for the Philadelphia Flyers and the son of Toronto Maple Leafs general manager Brian Burke. He created the "You Can Play" project to help eliminate the homophobic culture found in some corners of hockey. In doing so, he called on powerful allies to help get the message across — and more than 30 NHL players responded by taping spots that will air throughout the remainder of the season.

Train crash. Poland defends rail safety after collision kills 16

Poland's government insisted Sunday that rail travel is safe in the country despite a train collision near the town of Szczekociny that killed 16 people, assurances that come months before masses of sports fans will enter the country for a major soccer tournament — many of whom will crisscross the nation by train.

Saturday night's crash, Poland's deadliest rail tragedy in more than two decades, raised new questions about the safety of a state-run rail network, which has undergone modernization in recent years. Poland still has a rail system marked by the legacy of the communist decades, but has been working to upgrade trains and tracks. THE ASSOCIATED PRESS

An aerial view shows the site of a train crash near Szczekociny, southern Poland on Sunday. THE ASSOCIATED PRESS

Deadly blasts. Congolese arms depot explosion kills more than 206

Buildings collapsed in the Congolese capital of Brazzaville after an arms depot exploded Sunday, killing at least 206 people and entombing countless others including inside a church where dozens were attending mass when it buckled under the force of the blast, officials and witnesses said.

The shock waves shattered windows in a five-kilometre radius surrounding the barracks storing the munitions, including across the river that separates Brazzaville, the capital of the Republic of Congo, from Kinshasa, the capital of the larger Central African nation of Congo.

A morgue in Brazzaville took in 136 bodies Sunday afternoon, as more continued to arrive. A hospital worker who asked not to be named because he is not authorized to speak to the media reported 70 more deaths. The death toll is expected to rise as rescuers remove debris and discover more bodies.

Eyewitness

"It's like a tsunami passed through here.... The roofs of houses were blown off."

Christine Ibata, student

President Denis Sassou-Nguesso toured two hospitals and a morgue as injured people were being brought in including a four-year-old who had lost his leg. The president was visibly moved, but made no public comments.

It's unclear what started the fire at the barracks, but an official at the president's office said the depot is used to store war-grade weapons including mortars. The first blast went off at around 8 a.m., and several smaller blasts were heard throughout the morning. Another major explosion went off at around 1 p.m.

THE ASSOCIATED PRESS

Defiant stance

North Korean leader puts troops on high alert

North Korean leader Kim Jong-un visited the heavily armed border with rival South Korea and ordered troops to be on high alert, state media reported Sunday, just days after Washington and Pyongyang agreed to a nuclear deal after years of deadlock.

THE ASSOCIATED PRESS

Kills 2 bulls

Gored Spanish bullfighter makes comeback

A Spanish bullfighter who lost sight in one eye and has partial facial paralysis after a terrifying goring returned to the bullring Sunday, five months after his injury. Juan Jose Padilla fulfilled what he describes as an unquenchable desire to once again face massive 500-kilogram fighting bulls.

THE ASSOCIATED PRESS

Russian Prime Minister Vladimir Putin, who claimed victory in Russia's presidential election, has tears in his eyes as he reacts at a massive rally of his supporters at Manezh square outside the Kremlin in Moscow Sunday. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Putin claims victory in controversial vote

Russian elections. Opponents allege fraud as incomplete returns show Vladimir Putin will extend his hold for six more years

Vladimir Putin claimed victory in Russia's presidential election before tens of thousands of cheering supporters Sunday, even as the opposition and independent observers insisted the vote had been marred by widespread fraud.

At a massive rally just outside the Kremlin, Putin thanked his supporters for helping foil plots aimed at destroying Russia, sounding a nationalistic theme that has resonated with the prime minister's core supporters amid a wave of unprecedented protests.

Rally planned

"These elections are not free ... that's why we'll have protests tomorrow. We will not recognize the president as legitimate."

Mikhail Kasyanov, who was Putin's first prime minister before going into opposition

"I have promised that we would win and we have won!" he shouted to the flag-waving crowd, which responded with shouts of support. "We have won in an open and honest struggle."

He said the vote showed the majority of Russians has rejected "political provocations" by his opponents aimed at "destroying Russia's statehood and usurping power."

Putin tallied 58-59 per cent of the vote, according to exit polls cited by state television. Communist Party candidate Gennady Zyuganov received about 18 per cent, according to the surveys, and the others — nationalist Vladimir Zhirinovsky, socialist Sergei Mironov and billionaire Mikhail Prokhorov — were in single digits.

Official vote results from the far eastern regions and Siberia where the count was already completed seemed to confirm the poll data. With about 60 per cent of all precincts counted, Putin was leading the field with 65 per cent of the vote, the Central Election Commission said.

If thousands of claims of violations made by independent observers and Putin's foes are confirmed, they would undermine the legitimacy of his victory and fuel further protests by Russians exasperated with corruption, rising social inequality and tight controls over political life.

The opposition is gearing up for a massive rally in downtown Moscow on Monday.

Golos, Russia's leading independent elections watchdog, said it received numerous reports of "carousel voting," in which busloads of voters are driven around to cast ballots multiple times.

Alexei Navalny, one of the opposition's most charismatic leaders, said observers trained by his organization also reported seeing extensive use of the practice.

Putin's campaign chief, Stanislav Govorukhin, rejected the claims of violations, calling them "ridiculous."

THE ASSOCIATED PRESS

A demonstrator celebrates Vladimir Putin's early vote count lead Sunday in Moscow. THE ASSOCIATED PRESS

Twitter fraudster causes flap

Some mischievous fakery on Twitter has briefly caused a flare-up in already strained U.S.-Russian relations.

An Internet user mimicking U.S. Ambassador Michael McFaul's account tweeted that evidence of mass violations would undermine the legitimacy of Russia's presidential election Sunday. Prime Minister Vladimir Putin is expected to win handily.

That tweet sparked indignant responses from, among others, Russian presidential aide Arkady Dvorkovich.

The real McFaul hastily issued messages distancing himself from his disguised online doppelganger.

Dvorkovich tweeted his relief, but likely not before the damage was done.

Putin supporters have routinely accused the U.S. — and McFaul personally — of being behind the unprecedented protests against his rule.

THE ASSOCIATED PRESS

Party politics

NDP leadership debate gets testy

Montreal MP Thomas Mulcair, who is leading the NDP leadership race in terms of fundraising, faced several attacks from his opponents during a debate Sunday, as the race moves into the final stretch.

THE CANADIAN PRESS

Diplomatic duo

Rae meets with Netanyahu

Israeli Prime Minister Benjamin Netanyahu met with Liberal Leader Bob Rae Sunday as he ended a brief visit to Canada. The meeting touched on Iran's nuclear ambitions and the ongoing Israeli-Palestinian dispute.

THE CANADIAN PRESS

Interim Liberal Leader Bob Rae.
ADRIAN WYLD/THE CANADIAN PRESS

Infrastructure incident

Olympic stadium still crumbling

A giant concrete block fell Sunday from the ceiling of an underground parking facility in Montreal's Olympic Stadium. A security guard spotted the fallen slab and alerted emergency officials.

THE CANADIAN PRESS

Charter crash

Bus accident kills two seniors

A charter bus trip from Thetford Mines, Que., to a casino in the U.S. turned deadly on Saturday when the vehicle veered off the road and flipped into a ditch, killing two elderly passengers on board.

THE CANADIAN PRESS

Transportation talk

VIA crash spurs safeguard calls

An investigation over a deadly VIA train derailment last week in Ontario has revived calls for automated safeguards that could take over in a crisis and reduce the risk of potentially fatal mistakes.

THE CANADIAN PRESS

Study warns outdoor hockey may be doomed

National pastime. Global warming affecting ice rinks across the country, U.K. report suggests

Canada's favourite pastime is on its way to being an indoor-only sport in some areas of the country, a new study warns.

The study, to be released Monday by United Kingdom-based IOP Publishing, says outdoor ice hockey in Canada is being threatened by climate change.

Lawrence Mysak, co-author of the report and a professor at McGill University in Montreal, said warmer winter temperatures caused by climate change is restricting the operation of ice rinks.

"We were able to see that in general, the rinks were being opened later and later over the last ... 50 years," said Mysak from Montreal last week.

Mysak fears the gradual warming of the Earth caused by burning fossil fuels could eventually cause the beloved outdoor activity to perish within several decades.

Regions that are being hit the hardest are the Prairies, southeastern British Columbia and southern Ontario and Quebec. The Maritimes and northern parts of the country did not see significant changes, he said. THE CANADIAN PRESS

On ice

- Using weather data from more than 140 weather stations across Canada since the 1950s, the researchers calculated the annual start date and length of the outdoor skating season.
- The start of the season is considered the last of three days where the maximum temperature does not exceed -5 C, as it takes several cold days to lay the initial ice on the rink.

Aiming to remember the past

Marvin Recker, 74, the great-grandson of War of 1812 soldier William Caldwell, closes his eyes as he fires his weapon on Sunday during a ceremony marking the anniversary of the Battle of the Longwoods. The ceremony took place at the actual site of the battle that occured near Wardsville, Ont., on March 4, 1813, during the War of 1812. DAVE CHIDLEY/THE CANADIAN PRESS

Surprise workplace visits 'legitimate strategy': CSIS

Canada's spy agency considers surprise workplace visits to be a "legitimate investigative strategy" despite persistent public concerns about the practice, a newly disclosed policy memo says.

The memo surfaced recently further to a complaint lodged by an Ottawa woman who took exception to being visited by Canadian Security Intelligence Service officers at her office.

The previously secret document shows that CSIS makes it a point to suddenly turn up at people's offices in order to intimidate them, said Paul Champ, the woman's lawyer.

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Australia 1.9	Israel 1.9	South Korea 2.9
Bosnia 13.9	Italy 1.9	Sri Lanka 9.9
China 1.9	Lebanon 7.9	Trinidad 4.9
Colombia from 3.9	Mexico from 1.9	U.A.E 14.9
Cuba 89.9	Pakistan 5.9	U.K 2.9
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Enbridge pipeline crash.
Two men killed, three others injured

Enbridge Inc., has shut down a pipeline that carries oil from Canada to the U.S. after two vehicles crashed through a fence outside Chicago and struck the pipeline, causing a fiery explosion, Saturday.

Police in New Lenox, Ill., say two men were killed and three others were injured. They were all in their 20s.

Enbridge spokeswoman Lorraine Little said the pipeline was shut down when sensors detected a drop in pressure. A second, undamaged line was also shut down as a precaution. Little said the undamaged line has reopened, but Line 14 remains closed and likely won't be restarted until Thursday.

The line is 60 centimetres wide and carries various grades of crude from Canada, as well as oil from North Dakota. It normally transports 317,000 barrels per day.

New Lenox Mayor Tom Balderman said an oil leak was seale. Officials said there should be no environmental impact. THE CANADIAN PRESS

Market Moment

DOW JONES
12,977.57
(-2.73)

NASDAQ
2,976.19 (-12.78)

S&P 500
1,369.63 (-4.76)

TSX
12,643.82 (-79.64)

Dollar US 1 $: $ 101.15 US (-$0.28)
Oil: $106.70 US (-$2.14)
Gold: $ 1,709.80 US (-$12.40)
Natural Gas (per 1,000 cubic feet): $2.48 US (+$0.2)

Social media site trumps.
A stumble upon success tailoring links to users

StumbleUpon may not have the same household-name cachet as Air Canada, Canadian Tire, Costco or Sears, but online, the Canadian-born social media site trumps them all.

According to Alexa.com, StumbleUpon ranks just inside the Top 100 most-visited websites in Canada and the U.S. — ahead of all those huge brands and big names, including Facebook.

Not bad for a website that got its start in a Calgary dorm room about a decade ago, and has gradually been built into one of the biggest traffic drivers on the Internet today.

Users of StumbleUpon — of which there are now more than 20 million — are fed a random web links based on the list of interests they specify, such as beauty, fashion, literature, nutrition, pets and photos. Users can give a thumbs up or down to pages they "stumble upon," which helps the website build a personalized taste profile.

"The vision was: how do you discover new and interesting content with very little effort?" said co-founder Garrett Camp, 33. "Up until about a year ago we were pretty under the radar ... but I think that's changing." THE CANADIAN PRESS

StumbleUpon CEO and founder Garrett Camp poses for a photo at his San Francisco headquarters. JEFFERSON GRAHAM/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Environment

Conservatives scrap charity agreement

The Conservative government cancelled an agreement with a charity that supports environmental causes eight months after energy firm Enbridge Inc. lobbied against the deal, The Canadian Press has learned.

The federal Fisheries Department said last September it would no longer use an $8.3-million grant from the Gordon and Betty Moore Foundation, a U.S.-based environmental trust. The foundation donated the money through charity Tides Canada, which was to distribute the funds with federal oversight to support a departmental marine-planning initiative. THE CANADIAN PRESS

Bank policy

Budget promises finally met

The Conservatives are making good on a two-year-old budget promise by ensuring banks can't hold personal cheques for more than four business days before freeing up funds. The change which affects cheques under $1,500 was announced on Sunday by junior finance minister Ted Menzies. He announced several other consumer-friendly changes that were promised as far back as the 2010.

The changes ensure that cheques worth less than $100 must be cashed immediately in person or the following day if deposited in a bank machine. THE CANADIAN PRESS

Oil spill

BP reaches victim settlement

A settlement that BP is hammering out with victims of the massive Gulf oil spill finally provides a system for monitoring health concerns and compensating people whose illnesses are found to have a link to the disaster.

Under the settlement, the British oil giant said it expects to pay out $7.8 billion to settle a wide range of claims that also include property damage, lost wages and losses to businesses. THE ASSOCIATED PRESS

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NOT IN MY (COSTCO'S) BACK YARD

URBAN COMPASS
Colin Fast
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Apparently I'm persona non grata in Whyte Ridge. Is it because I don't drive an SUV or have a deep appreciation for beige-coloured stucco? No, far worse. My crime is that I live in an apartment.

You see, Whyte Ridge has been up in arms over a rezoning application to allow a four-storey apartment building in the neighborhood. Dozens of residents have sent letters to city council, and hundreds more have signed petitions.

Signs on street corners encourage people to attend an upcoming open house, warning "If you don't show up, it will go up." Other signs compare the developer to a poltergeist, saying "They're baaack!" in reference to a revised project plan.

Residents are so hot and bothered, you'd think someone was trying to open a chicken farm rather than an upscale, mid-sized apartment building.

After visiting the site, I think it would be more accurate to say this development is adjacent to Whyte Ridge, rather than inside of it. The building will be located on McGillivray Boulevard, between a rail line and a small junk yard, and across the street from a Costco. A movie theatre is just down the street, and two large churches are planned for adjacent plots.

On the surface, it's not clear why local residents think this building won't fit the character of their neighbourhood. Maybe they object to the developer's plan to build sidewalks, which are practically non-existent in the rest of the community.

But if you dig deeper, it seems the real problem is a misguided belief that multi-family housing will somehow ruin Whyte Ridge. Callers to an open line radio show last week said as much, claiming they moved to the area because they were told it would only ever have single-family housing.

While that might be true, it doesn't justify the snobbish attitude toward multifamily developments. Urban planners will tell you having a variety of housing styes makes communities more diverse and dynamic, and provides opportunities for retirees to stay in their neighbourhood of choice. Whyte Ridge — a pleasant but typically bland suburban development — is no different.

Besides, I wonder how closely homeowners actually looked at local zoning requirements before they moved to Whyte Ridge — because the land in question is currently zoned agricultural. So if this apartment block does get rejected by city hall, maybe that chicken farm will work out after all.

Flying the coop

"Callers to an open line radio show last week said ... they moved to the area because they were told it would only ever have single-family housing."

Move aside, American Idols

FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Key West

Catch your breath for Conch Shell Blowing Contest

Claire Hurd blows a decorated conch shell during the 50th Annual Conch Shell Blowing Contest in Key West, Fla.

Smith and more than 50 other contestants were judged at the event that took place on Saturday.

THE ASSOCIATED PRESS

Tooting your own horn

"I'm all about preserving the heritage of my home town. This is just one small piece that I get to contribute to helping preserve that history."

Clinton Curry, 38
A seventh-generation Key Wester, who first blew a conch shell as a child, and took top honours at this year's festival

History

- The event drew more than 50 entrants, ranging from young children to seniors, who were judged on quality, novelty, duration and loudness.
- The contest was conceived by the Old Island Restoration Foundation, founded in 1960 to advocate the preservation of Key West's culture as well as historically significant buildings.

Tradition

It's called the Conch Republic

The fluted, pink-lined conch shell has been blown in Key West since the early 1800s, when seafaring settlers used it as a signaling device. Native-born islanders like Curry are commonly called Conchs, and the Florida Keys are known as the Conch Republic.

THE ASSOCIATED PRESS

Weird news. You stole my heart, literally

Somewhere in Ireland, a burglar has the heart of a saint.

Officials at Christ Church Cathedral in Dublin said Sunday they're distraught and perplexed over the theft of the church's most precious relic: the preserved heart of St. Laurence O'Toole, patron saint of Dublin.

O'Toole's heart had been displayed in the cathedral since the 13th century. It was stored in a heart-shaped wooden box and secured in a small, square iron cage on the wall of a chapel dedicated to his memory.

On Saturday someone cut through two bars, pried the cage loose and made off with the relic.

"I am devastated that one of the treasured artifacts of the cathedral is stolen," said Rev. Dermot Dunne, the cathedral's dean. "It has no economic value but it is a priceless treasure that links our present foundation with its founding father."

Ireland's churches have suffered a spate of such robberies of irreplaceable, but also hard to sell, religious artifacts. THE ASSOCIATED PRESS

Red River Valley students head to Kenya to help orphaned children

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

For most of us, the March Break is just that: a break from school, work and responsibility.

But while most students in the city are joyfully readying themselves for a week of fun and just hanging out, one group of students at Red River Valley's Mennonite Collegiate Institute is preparing for a once-in-a-lifetime volunteer adventure in Kenya. They'll spend two weeks helping out at the Hope Community Center, home to more than 320 abandoned or orphaned children. One MCI teacher who is accompanying the students, Chris Regehr, says he hopes the experience will be life-changing, not only for the children at the center but for his students as well. "This trip will provide opportunity to establish life-long friendships and an awareness of the world around us. Students will learn more about other cultures and will build relationships with people from different parts of the world. Perhaps most exciting of all is the potential for this experience to continue to impact the students years from now ... for that, we are really excited!"

CRAIG AND MARC KIELBURGER

E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro
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It's time for the networks to do a little spring cleaning on their prime-time lineups. Metro takes a look at five new shows to find what's in season and what's out of date.

AMBER RAY, METRO WORLD NEWS
scene@metronews.ca

5 TV shows for spring

Ashley Judd stars in Missing / HANDOUT

1 Missing: March 15, CTV

The plot: A former CIA agent tears through Europe in search of her son, whom she suspects has been abducted.

Smells like: Taken, with Ashley Judd in the Liam Neeson role.

Remember that scene in Taken? "I don't know who you are. But if you don't let my daughter go, I will find you. I will kill you," Neeson says. To what lengths is Judd's character willing to go in Missing?

"In a flashback, you see my husband and me working as CIA operatives together, and we are faced with some really wrenching moral dilemmas," Judd says. "[Now the question is, 'Will] I potentially set aside my values and integrity in order to accomplish what seems to be a more precious goal, which is save my child?'"

Kerry Washington/ HANDOUT

2 Scandal: April 5, Citytv

"I love my shows that have stethoscopes in them," says Rhimes, who also created Private Practice. "This is just a different story. My shows are not necessarily medical shows or political shows. They're shows about strong, smart women and flawed, interesting people."

The plot: Kerry Washington stars as a Washington, D.C., "fixer," the head of a crisis-management firm who can resolve any conflict — except those in her personal life.

Smells like: Grey's Anatomy in the capitol

Grey's Anatomy creator Shonda Rhimes strips her trademark female lead of scrubs and transports her to D.C.

Kiefer Sutherland stars in Touch/ HANDOUT

3 Touch: March 22, Global

The plot: Kiefer Sutherland plays Martin, a widower struggling to provide for his emotionally challenged mute son, Jake, who has the ability to see patterns that connect everything in the world.

Smells like: Heroes meets Crash.

Tim Kring, the mastermind behind Heroes, is the creator of Touch."In terms of Jake's character being like a character on Heroes," Kring says, "we probably had some characters that had various abilities that would be kind of in that [same] category..."

A scene from Magic City /HANDOUT

5 Magic City: April 6, Starz

The plot: In late-1950s Miami, the swanky Miramar Playa Hotel plays host to everyone from Frank Sinatra to the CIA as Castro's army rises in Cuba. The series follows the drama surrounding the family (headed by Jeffrey Dean Morgan) that runs the resort.

Smells like: Mad Men with gangsters.

Magic City creator Mitch Glazer grew up in Miami Beach and says he's been "squirreling away" stories from this era to write into a show. "The cool thing was, besides the beauty and the glamour [of the '50s and '60s], there were also really amazing things happening in the world," Glazer says.

4 Frozen Planet: March 18, Discovery

The plot: This documentary from the team behind Planet Earth uses its incredible filmmaking technology to capture an unprecedented glimpse of life at Earth's polar regions.

Smells like: Planet Earth on ice.

Frozen Planet / HANDOUT

"We were really motivated as a team to go and create this kind of ultimate portrait of the polar regions, because I think everyone's aware that there's a lot of change going on," says series producer Vanessa Berlowitz, referring to global warming. "In some ways, we feel that this series may be a last chance to see these great wildernesses on our planet before they change forever. I hope that's going to be the legacy of the series."

2 SCENE

Box office

1. Dr. Seuss' The Lorax, $70.7 million
2. Project X, $20.8 million
3. Act of Valor, $13.7 million
4. Safe House, $7.2 million
5. Tyler Perry's Good Deeds, $7 million

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VVS FILMS GAP

Rihanna says she's not dating Chris Brown, and being single sucks

Despite rumours that she and Chris Brown have been reuniting, Rihanna insists that she's not dating anyone — and it's driving her crazy.

"I am a single lady. This is not something I enjoy. Single life is so overrated," she tells Jonathan Ross during an interview for his U.K. talk show.

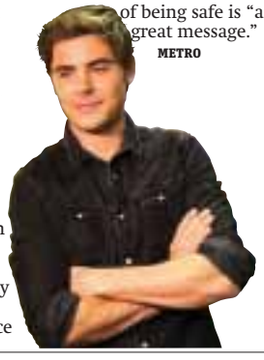
"You always want to be single when you are in a relationship, but trust me it is no bueno."

Rihanna reacts to rumours

"I am a single lady. This is not something I enjoy. Single life is so overrated."

Rihanna

Zac Efron talks about his embarrassing moment on the red carpet



Zac Efron came clean about a condom falling out of his pocket on The Lorax red carpet when pressed by the Today show's Matt Lauer on the topic.

"I never had a pocket-checking policy prior to going onto the red carpet before. But now we fully instated one," Efron joked.

The topic of conversation caused both men to blush and giggle, with Efron teasing Lauer back, "It was really hard for you to say" before agreeing that the importance of being safe is "a great message." METRO

Demi Moores leaves rehab and goes on vacation to some secret place, and no it's not Betty Ford

Demi Moore has reportedly checked out of the Cirque Lodge rehab facility in Utah and immediately headed off "on vacation" to an undisclosed location, according to E! News.

"She's in no rush to get back to L.A.," a source says. "She's on total lockdown and only talking to a small group of people."

The actress checked into the facility in January to deal with an eating disorder and addiction issues after a headline-grabbing hospitalization.

Her rep had no comment on the location change. METRO

Arnold and Maria caught playing happy family

Despite separating last year, Maria Shriver appears to be looking to reconcile with Arnold Schwarzenegger, according to the New York Post.

"Arnold and Maria are having marriage counselling to work through their issues to get back together," a source says.

"Maria is a devout Catholic and doesn't believe in divorce, but is still struggling with the humiliation she endured by him."

It was revealed last year that Schwarzenegger had fathered a 13-year-old child with a housekeeper, prompting Shriver to dump him.

Other sources have said the counselling rumours aren't true, but Schwarzenegger and Shriver were spotted having lunch together before doing some furniture shopping in Santa Monica, Calif., last week. METRO

Nick Cannon scales back his activities after a few health scares

Nick Cannon is opening up about his recent trips to the emergency room.

"It's a lot of stuff, but it's all in order now," Cannon tells People magazine.

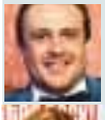
"They kind of say [my] autoimmune [disease] is — like a lupus type of thing, but no one else in my family has it."

Cannon was first hospitalized for "mild kidney failure" in January, and then again a few weeks later because of a blood clot in his lungs.

"The blood clot thing was probably the scariest because I've known people who have passed away from that," Cannon says.

His doctors' advice? Quit some of his numerous jobs — like his gig hosting a New York radio show, which he recently gave up. "I'm just trying to make sure I put my health first," he says. METRO

Twitter



@jasonsegel
I've decided it's finally time for me to get a real "leading man" body. Like Marlon Brando in The Godfather.

@ElizabethBanks
Neon is new...again. I'm being inspired by all things hot pink

@SarahKSilverman
Dear people who Retweet the compliments you get: why do you do that?

@ConanOBrien
I would gladly trade all my fame and fortune for even more fame and fortune.

From actress to addict:

Can Lindsay really make a comeback?

THE WORD
Dorothy Robinson
scene@metronews.ca

Do you remember Lindsay Lohan when she was a talented child actress, before the puffy face and handcuffs?

We're struggling.

The 25-year-old is now better known as an addict than as an actress, but has the combination of jail time, therapy and community service at a morgue finally made her come to her senses?

Psychotherapist Sherry Gaba has doubts over Lohan's sobriety. "When a person is sober, they usually know their sobriety date without question. She did not give it in her most recent interview, so I am not so sure that she is," says Gaba of last week's chat with Matt Lauer for The Today Show.

On the other hand, Lohan's career seems to be back on track and she's being tipped for the coveted role of Elizabeth Taylor in the upcoming Elizabeth and Richard: A Love Story, provided she behaves.

"Getting and staying sober is a one day at a time program," says Gaba.

"Lindsay will need to continue to stay close to a recovery program that will need to include 12-step meetings, a sponsor, and possibly psychotherapy to deal with the underlying issues that have lead to her numerous relapses."

Gaba believes there is no guarantee that Lohan will stay clean forever. "Only if she is willing to make her recovery her number one priority will she have an excellent chance of living a fulfilling and sober life." ROMINA MCGUINNESS WROTE TODAY'S EDITION OF THE WORD.

Fame at a young age

Like other troubled former child stars (see: Drew Barrymore, Corey Haim, Corey Feldman, Britney Spears, to name just a few), Lindsay's unusual upbringing may have contributed to her current problems.

- **Lost childhoods.** "Child stars often become 'adult children' with highly stressful responsibilities. As young adults they sometimes attempt to re-capture their lost childhoods by acting out and behaving in self-destructive ways, which may be one of the reasons Lindsay has been so troubled," explains Gaba.

Lindsay Lohan / ALL PHOTOS GETTY IMAGES

What's the long-term solution for Lindsay?

"What she needs is relationships with people who have her back and bring out the best in her; not drag her down in their chaos."

Psychotherapist Sherry Gaba

If the YouTube videos are staged, what are the implications for the child? / ISTOCK

When funny kid videos may be fake

YouTube. Every week, a new video appears online with a child doing something wacky or unique. But are they staged?

MICHELLE CASTILLO
Metro World News

On YouTube, you'll find many adorable videos of kids singing Twinkle Twinkle Little Star, but one of them, titled Girl Singing With Her Mouth Closed funny hidden talent, has suddenly scored more than 420,000 views — and a number of negative comments.

"Wait, was that real?" asked one — as in, is it possible to sing with one's mouth closed?

"Fake," said another. "Fake but funny." "It's real!" said one more.

Thirty-one pages of debate followed. Mary Napoli understands the uploader's pain.

She posted a video called Family Home Destroyed By Avalanche — Children To Blame, which reportedly showed her two sons blanketing her home in a five-pound bag of flour while she was in the bathroom.

Plays with flour? / YOUTUBE

Sings with mouth closed? / YOUTUBE

Shocked by Empire? / YOUTUBE

Although the video was supposed to be for friends and family, it ended up getting almost four million views on YouTube — and plenty of negative responses from people who claimed it was a fake.

Her family even appeared on the Today Show on NBC to debate the authenticity of the video.

"I had people pinpointing, 'Oh she has flour on her pants,' and freeze framing the whole thing," she said to Metro.

"Honestly, it was almost mostly negative feedback," Naopli added. "I had huge emotional problems over it. I was just doing it for family. I definitely have tougher skin for it."

She still maintains it is authentic.

Dr. Bonnie Eaker Weil, a New York City psychotherapist and author of Make Up, Don't Break Up, said that parents may be harming their children by falsifying a clip, especially if that child becomes an online celebrity.

"You can be teaching a child that lying and fabricating is OK," she said. "They can grow up and become narcissistic and learn how to manipulate. It also makes them feel that the only way to be loved is to get attention in these ways," Weil explained.

Bashar Akhtar is another parent accused of fabrication. His son and daughter became stars after their video — of his son Faris' shocked face after he found out that Darth Vader was Luke's father — received more than 3 million views.

"Nasty comments were posted," he said, but maintains the video is true, and can prove it. "I don't think Faris or Shazia are that good actors!" he protests. "He loves Star Wars — and keeps trying to Jedi Mind trick his sister."

Negative comments

'That boy is ugly!'

Parents, be careful what you post, and what your kids read about themselves.

Negative comments, especially those about appearance, can have adverse affects on children who may not understand the difference between reading comments online and real-world critique.

"Three million people are judging you. People can be mean and sadistic," said Naopli.

"What you want to do as a parent is talk about the bullying that happens on YouTube," she said. "YouTube (comments) are another form of a reality show.

This is another chance to tell children that (these comments) are not the real world, this is not reality."

3 LIFE

Laundry evolution

New Tide

It took eight years, 450 product sketches, 6,000 customer tests and hundreds of million of dollars for Procter & Gamble to create something that it hopes will not be destroyed in the wash.

Tide Pods are palm-size, liquid detergent-filled tablets that are designed to be tossed in the washer to take thåe measuring cups — and messiness – out of laundry. The company says they'll hit stores next month.

100th Anniversary

Girl Scouts

A century has passed and millins of Americans have taken the Girl Scout promise, sold Samoas and Thin Mints by the truckload and gone on to careers from CEOs to astronauts. As they celebrate their 100th anniversary, the Girl Scouts boast a record of progressiveness.

Making snack time even more impressive just got easier

This recipe makes 48 wontons. THE CANADIAN PRESS H/O

Spiced Avocado Wontons. These crispy bite-sized eats will make great appetizers for any entertaining occasion

1 Place olive oil in skillet over medium high heat. Add onions and cook, stirring often, until softened, about 4 mins. Add cumin, salt, chili powder, cayenne and cinnamon. Stir to combine and let cook for 1 min.

2 Add ground beef and cook, stirring often, until browned 5 mins. Add red peppers and cook for another minute, breaking up bigger pieces of meat with a wooden spoon. Remove from heat. Sprinkle lime juice over avocado and add to meat mixture. Stir gently to combine.

3 Place equal amounts of meat mixture in the centre of each wonton wrapper, about 5 ml (1 tsp) each.

4 Dip fingers in water and moisten edges of won ton. Fold wonton over to form a triangle, pressing edges to seal. Repeat with remaining wrappers and meat mixture.

5 Place 5 cm (2 inches) of oil in a medium saucepan. Place saucepan over medium heat. Working in batches, carefully put 5 or 6 wontons in oil and cook until golden about 40 seconds. Turn and cook another 30 to 40 seconds. If wontons get brown too quickly, lower heat a little bit.

6 Remove wontons from oil with a slotted spoon. :et drain on paper towels before serving the dipping sauce.

7 Place avocado, sour cream, lime juice and zest in the work bowl of a food processor and blend until very smooth. THE CANADIAN PRESS/ HASS AVOCADO BOARD

Ingredients

- 15 ml (1 tbsp) olive oil
- 125 ml (1/2 cup) diced onion
- 1 ml (1/4 tsp) ground cumin
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) chipotle chili powder
- 0.5 ml (1/8 tsp) each cayenne pepper and ground cinnamon
- 250 g (1/2 lb) ground beef
- 160 ml (2/3 cup) finely diced red bell pepper
- 15 ml (1 tbsp) lime juice
- 1 ripe fresh avocado, peeled, seeded and finely diced
- 50 count package wonton wrappers
- 50 ml (1/4 cup) water

Dipping Sauce

- 2 ripe, fresh avocados, peeled and seeded
- 250 ml (1 cup) low fat sour cream
- 30 ml (2 tbsp) lime juice (or to taste)
- zest from 2 limes, optional

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Chinese soups are delicious options for those craving something warm on a cold day. Watch for what's in the soup before you choose.

Wonton soup

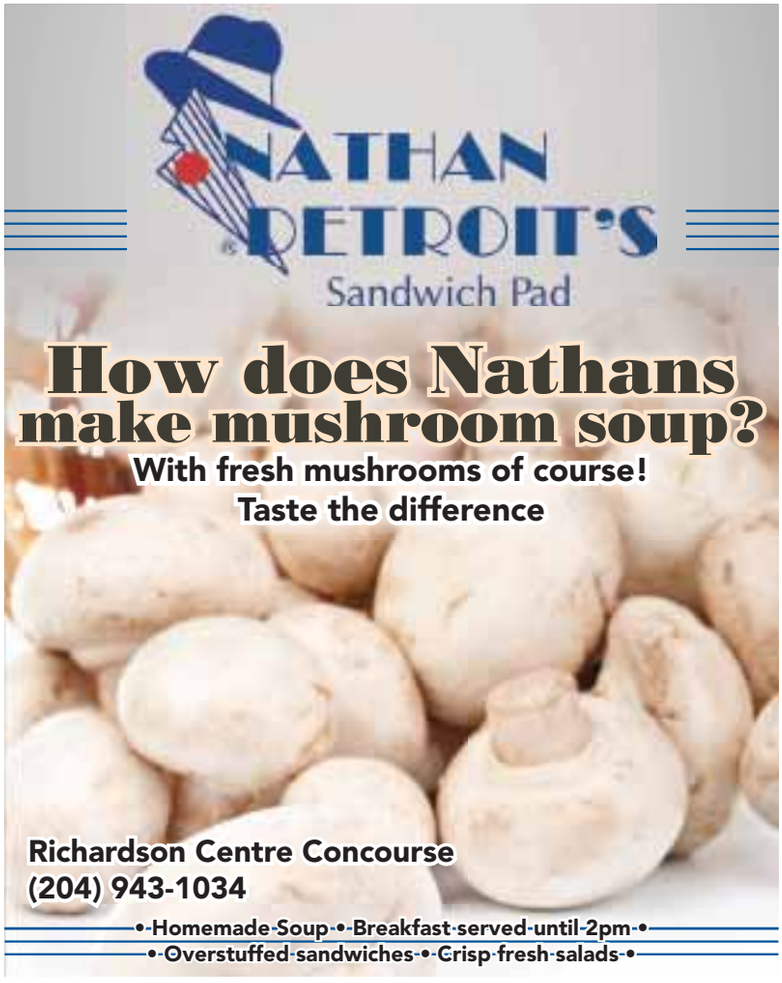
452 calories/ 17 g fat
The chicken broth is fine but the pork dumplings count in the fat and calories of this common Chinese soup.

Equivalent

10 oz. pork tenderloin in calories
Jus one bowl of Wonton soup will cost you a lot in calories.

Egg drop soup

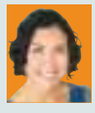
182 calories/ 9.5 g fat
Even if two eggs are used in this soup, that would only account for 150 calories and about 8 gm of fat.



Queen of Green

Brew from a can or brew from a bottle?

What's better for the environment—beer in cans, or bottles?
Dave of Halifax



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Whatever you choose — choose sustainability / ISTOCK PHOTO

Locally made beer in a glass bottle is better.

If your favourite beer is made in a land far, far away, choose cans. But two other options exist: 1) a draft at a local pub (maybe at a Green Drinks event?) or, 2) a local and organic brew.

According to the federal government, the brewing industry maintains a good environmental record. But what does that mean?

Thanks to provincial bottle return deposit systems, minimal quantities of packaging end up in municipal landfills. The national average for recycled glass bottles is 97 per cent and they're reused 15 to 20 times. Aluminum can recovery rates are lower, about 80 per cent.

Apparently our Canadian marketplace is characterized by high bottle usage due to consumer preference, environmental regulations and industry systems to facilitate re-use. Some provinces even impose a levy or a deposit on non-reusable containers (i.e., cans) to deter their use.

But cans are lighter, right? Yes. And that means transportation emissions are lower. Most cans contain about 40 per cent recycled aluminum, which is also good news. Recycled aluminum requires 95 per cent less energy and produces 95 per cent less greenhouse gas emissions than manufacturing new aluminum.

Another point for glass is that canned beverages — beer, pop, infant formula, — leach bisphenol-A (BPA) from their protective metal linings. BPA is a human-made chemical linked to breast and prostate cancer, and many more health concerns.

Finally, keep your eyes peeled for certified organic beers. Sustainability runs deep with many companies that compost, use rain barrels and even power their operations with renewable energy. Always recycle bottles and cans.

He's thinking outside of the box, and his colleagues couldn't be happier

Robert Meggy is the president and CEO of the Great Little Box Company / PROVIDED

Recession to redemption. Robert Meggy is finding a wealth of happiness in building a friendly, familial workforce

TURNING POINT
Teresa Kruze
life@metronews.ca

Robert Meggy is an accountant by profession but as a businessman he knows how to weather an economic downturn. In 1982, Meggy bought the Great Little Box Company in Vancouver just before the recession took the knees out of the economy. His sales numbers plummeted overnight.

"It was like someone had turned off the tap. During the day I'd be operating the machines and answering the phone and at night I'd write up the orders when we had them. It was an ugly time and I lost 15 pounds."

Meggy weathered the storm (and other recessions to follow) and today his company employs 250 people and is on target to make $40 million in 2012. Meggy credits his success with assembling the right team.

"I run it like a group of friends and I walk around the plant every week and talk to as many as I can. We set yearly goals and measure progress every month. When you run an open book employees care more. Enjoy the people you work with because it makes a huge difference."

From this accountant, that is advice you can take to the bank.

Budding business builders take heed!

Robert Meggy offers his advice to aspiring entrepreneurs:

- **People are your number one asset.** We conduct seven to eight interviews for each person we employ. You will make or lose $50,000 to $100,000 depending on who you hire.
- **Encourage feedback from your employees.** One thing employees really want is recognition and appreciation. We encourage one-on-one meetings with supervisors.
- **Measure everything.** Track the number of sales and cold calls. We measure machine speeds and how many pieces are made per hour. It all translates into efficiency and success.
- **Set yearly goals and measure them every month.** Have you ever met a golfer who doesn't keep score? It's no different for a company. If you measure and track everything you'll care more and have more interest in your company.

French in fashion

Knowledge à la mode. One stylish, former student speaks to the importance of adding an extra language to a resumé

PAUL DAVIS
NEWS CANADA

"Qui parmi vous parle française?" It was the first question posed to us on the first day of class.

The last word was stressed with typical Parisian repudiation, as if to welcome us and dismiss us simultaneously. The school director, well into her 70s, stood at the front of the class, lit a cigarette and waited for the response.

Of the hundred or so students assembled in the room, only a handful raised their hands. A few more then followed until just over three quarters of the room had raised their hands. Of the little French I had, all of it I had learned in Montreal.

Before moving to Paris, I moved to Montreal to enroll in a fashion design program and to pick up as much of the language as I could. I could barely order a cup of coffee without garnering a smile from the girl behind the counter when I first moved to Montreal. Yet it seemed everywhere I went, people switched effortlessly between the two languages. It was truly something to admire and something to strive toward.

Street signs, television, radio — everything became a method of instruction. Most helpful were the free newspapers distributed in the subway. My goal was five new words a day.

Over the next few months, however, I came to realize that my mother tongue would be just as important.

The school I attended was well-known for its connections within the fashion industry. All the major French fashion houses turned to this school first for interns, short-term work placements and to help out with fashion shows and showrooms — the sort of connections that every young designer hopes for. But for all these opportunities, it was a question of English.

"Est-ce que vous parlez couramment l'anglais?"

I believe that we Canadians are extremely fortunate to have the two most predominant languages of the fashion industry at our fingertips.

Time and again I have seen Canadians rise to top positions within the industry, with proficiency in these two languages playing a critical role.

The true scale of Canadian talent has not yet been seen on the international stage, and I strongly believe that language will be a vehicle that will enable this to happen. NEWS CANADA

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TOO GOOD TO BE TRUE?

IT PROBABLY IS. KEEP ONLINE FRAUDSTERS OUT OF YOUR HOME BY BEING AWARE

ISTOCKPHOTO/THINKSTOCK

Who hasn't received an email from someone in a foreign country who says they need your help — and your bank account number — in order to get a huge inheritance out of the country?

Of course, it's a scam, warns Staff Sgt. Paul Proulx, manager of the Canadian Anti-Fraud Centre in North Bay, Ont.

March is Crime and Fraud Prevention Month, and the theme this year is online fraud.

"Computers are in over 80 per cent of homes today," says Proulx. "But computers can bring fraudsters into your home, too."

Online scams come in the form of pop-up boxes, legitimate-looking advertisements and emails sent directly to your inbox.

According to the Canadian Anti-Fraud Centre and the British Columbia Crime Prevention Association some of the most popular online fraud pitches being used today include:

- Sales of a service or merchandise by a third party.
- "You've Won a Big Prize."
- Emergency. Often targeted at grandparent, someone emails (or calls) pretending to be a grandchild in need of quick money.
- Anti-Virus Scam. Someone claiming to be from Microsoft, for example, advises that there is a virus problem on your computer and offers to fix it — but you will have to provide remote access.
- Free loans ... once you fill out credit applications and pay a fee.
- Gold buying schemes to sell, trade or receive (unfair) returns for gold and jewelry.
- Anti-social network. Criminals collect information from social networks such as Twitter and Facebook.
- Penny auctions. Deals where you must set up an account and purchase bids with a credit or debit card.

The more you are aware of what to look for, says Carolyn Sinclair, executive director of the British Columbia Crime Prevention Association, Surrey, B.C., the more you will recognize scams and exit the page, say "no thanks," or just delete.

Always be suspicious, says Sinclair. If you don't recognize the sender, don't open the email. If you are going to engage in any transaction, validate it first.

"If it's too good to be true, it probably is."

Also, be sure your computer has the most recent spam filters, anti-virus and anti-spyware software and a secure firewall.

If you do become a victim of fraud, report it to the police or if it involves money being removed from a bank account, report it to your bank.

McMaster University research shows that only about five per cent of fraud victims actually report the crime.

Says Proulx: "In 2011, we're seeing that Canadians 60 to 69 years old were most victimized, but the highest dollar loss occurred in the 50-59-year-old group."

– Ylva Van Buuren

PROMISING ADS

Have you seen information online or in newspapers promising visas and employment in Canada — for a price?

These ads are not likely legitimate. In fact, you don't have to hire an immigration representative to apply for a visa or for Canadian citizenship. Contact cic.gc.ca for both advice and for visa application forms.

FAKE WEDDING PHOTOS INCLUDED
100% GUARANTEED JOBS
FOOL-PROOF DOCUMENTS
DON'T GET CHEATED BY A
CROOKED IMMIGRATION CONSULTANT.
Immigration fraud is a serious offense, and the Government of Canada is cracking down. If you use a consultant to help you with the immigration process, it's your responsibility to make sure they're honest. Find out how to protect yourself, and how to immigrate to Canada the right way.
immigration.gc.ca/antifraud
1 800 O-Canada (1-800-622-6232) TTY/ATS: 1-800-926-9105
Citizenship and Immigration Canada
Citoyenneté et Immigration Canada
Canada

WE ALL PAY THE PRICE

YOU CAN REDUCE INSURANCE FRAUD BY BEING VIGILANT

When someone cheats, everyone pays.

When you buy insurance for your home, car or business, you put your money into a pool with many others to help the few who suffer financial hardship because of tragedy, such as fire or a car crash.

But what happens when criminals or cheaters take more than their share? Or even fake the whole event? We are all forced to pay more. It isn't fair — but it's a reality.

The Insurance Bureau of Canada (IBC), in partnership with member insurers, works to investigate and identify suspected fraudsters. Just this year, the leader of a crime ring who staged a dozen collisions and defrauded insurance companies of approximately $1.5 million pleaded guilty in a Toronto court.

A collaborative effort between IBC, insurance companies, police and dedicated prosecutors connected the dots, allegedly linking body shops, towing companies and medical and rehabilitation clinics operating this scam.

ISTOCKPHOTO/THINKSTOCK

While organized crime gets the press, many other forms of insurance fraud occur on a smaller scale, but still add up to millions of dollars. Because insurance is paying during these schemes, shady medical facilities often bill for services never provided to a collision victim, or a contractor might pad a repair estimate for property damage. The person making the claim may not even recognize that he or she is part of a scam. But they are.

And then there is the smallest — and most pervasive — insurance crime of all. Your neighbour's garage gets broken into and he starts bemoaning the loss of his high-end tools, although you could have sworn the drill you borrowed was the cheapest on the market. Lying on an insurance claim may not seem as bad as staging a collision or over billing, but it's all insurance fraud. And it costs everyone money.

You can reduce fraud by being vigilant and willing to speak up. If you are in a collision, be aware that everyone involved may not be above board. And if you suspect fraud, call IBC's tip line (it's anonymous). After all, fraudsters are stealing from the same pool that contains your hard-earned cash.

IT'S A CRIME TO:

- Make a claim for items not stolen or for items of higher value than those stolen.
- Include pre-collision damage in a claim.
- Exaggerate injuries to collect benefits.
- Make a claim for an event that never happened.
- Offer or accept "free" treatment for an injury unrelated to a collision.
- Charge an insurer for treatments that never happened.
- Encourage anyone to participate in insurance fraud.

Report it *anonymously*, toll-free, 24/7

1-877-422-8477

or submit a *confidential* tip online at

www.ibc.ca

IBC BAC

4

SPORTS

Golf

"It was tough today, especially seeing Tiger make a charge."

Rory McIlroy, who held on to win the Honda Classic despite a late push from Tiger Woods. Woods had a birdie-eagle finish for a 62 — his lowest final round ever — to get within one shot of the lead.

DeRozan leads Raps to win over Warriors

NBA. Raptors get some payback against team that embarrassed them in last meeting, despite slow start

Sunday's game

RAPTORS	WARRIORS
83	75

DeMar DeRozan had 25 points and the Toronto Raptors blanketed high-scoring Golden State en route to an 83-75 win over the Warriors on Sunday night.

Leandro Barbosa added 18 points in a reserve role for the Raptors (12-25), who limited Golden State to 36.3 per cent shooting for just their fifth win in the last 16 games. It was the first meeting between the teams since the Warriors pulverized Toronto, scoring 84 first-half points in a 138-100 laugher in California last March.

Golden State wasn't laughing this time; the run-and-gun Warriors (14-20) were held to one fast-break point and turned the ball over 14 times, leading to 18 Toronto points.

David Lee had 22 points and 12 rebounds to lead the Warriors, who fell to 2-3 on a six-game road trip that wraps up Monday night in Washington.

Golden State broke out to a nine-point halftime lead but hit just two of its first 12 shots to open the third quarter, allowing the Raptors to climb to within six.

A Lee jumper ended the drought but Toronto continued to chip away at the deficit, a DeRozan layup making it a 56-54 game with three minutes left.

Barbosa's floating jumper in the lane evened the score in the final minute, and a turnover on the Warriors' next possession led to a 2-on-1 that DeRozan finished off with an alley-oop dunk of a Jerryd Bayless feed as Toronto led 60-58 entering the fourth.

A Barbosa three-pointer stretched the advantage to five early in the final quarter, and he found Amir Johnson with a nifty pass for an uncontested dunk near the halfway point of the frame to give Toronto a 73-66 edge. Golden State closed to within four on an Ellis layup, but Barbosa followed with a three from the left corner and the Raptors held on from there.

Both teams were frigid to start, combining to miss 17 of their first 23 shots in the opening half of the first quarter.

A Dorell Wright three-pointer put the Warriors up 14-10, and Lee added a driving two-handed dunk in the closing moments of the period as Golden State enjoyed a 20-18 advantage after one.

Klay Thompson connected from long range near the three-minute mark of the quarter to extend the Warriors' lead to six, and a Lee 17-foot jumper with 30 seconds left completed a 6-of-7 first-half shooting performance for the star forward as the Warriors went into the break ahead 47-38.

THE CANADIAN PRESS

DeMar DeRozan jumps for the basket in front of Golden State's Ekpe Udoh. CHRIS YOUNG/THE CANADIAN PRESS

World Cup slalom. First win in over forty years

No one saw it coming. Not even Erin Mielzynski, who delivered the race of her life Sunday to give Canada its first World Cup slalom victory in more than four decades.

"It's a little slice of heaven right now," said Mielzynski. "Right now I don't want the day to end. It's surreal."

The 21-year-old from Guelph had never placed higher than 13th on the World Cup circuit but used a strong second run to deliver a breakthrough performance.

In the process, she became the first Canadian woman to win a World Cup slalom race since Betsy Clifford in 1971.

Winning time

1:53.59

Mielzynski's two-run total was one minute 53.59 seconds. Resi Stiegler of the United States finished second.

"Today my goal was just to ski like I do in training," said Mielzynski.

"I was a little nervous to do that because it's a little different than the way I race. I think that made the difference. I kind of let go of everything else and it was just me and the course."

THE CANADIAN PRESS

Curling championships

Alberta joins Nova Scotia with a perfect record

Alberta's Kevin Koe joined Nova Scotia with three wins at the Canadian men's curling championship Sunday.

Koe thumped Quebec's Robert Desjardins 9-2 to finish the day 3-0.

Nova Scotia's Jamie Murphy beat B.C.'s Jim Cotter 5-3 earlier for a third straight victory.

Meanwhile, Ontario's Glenn Howard earned a 6-5 extra-end win against Brad Gushue of Newfoundland and Labrador.

THE CANADIAN PRESS

Spring training

Bedard struggles against Blue Jays

Erik Bedard struggled with his control Sunday in a rough spring training debut with the Pittsburgh Pirates.

The left-hander from Ottawa gave up two runs in two innings in an 8-5 loss against the Toronto Blue Jays.

Bedard hit the first batter he faced, gave up a double to Travis Snider, walked two and struck out one.

Snider was 2-for-4 with 3 RBIs for the Jays. Blue Jays left-hander Aaron Laffey had a 1-2-3 first inning.

THE ASSOCIATED PRESS

Football

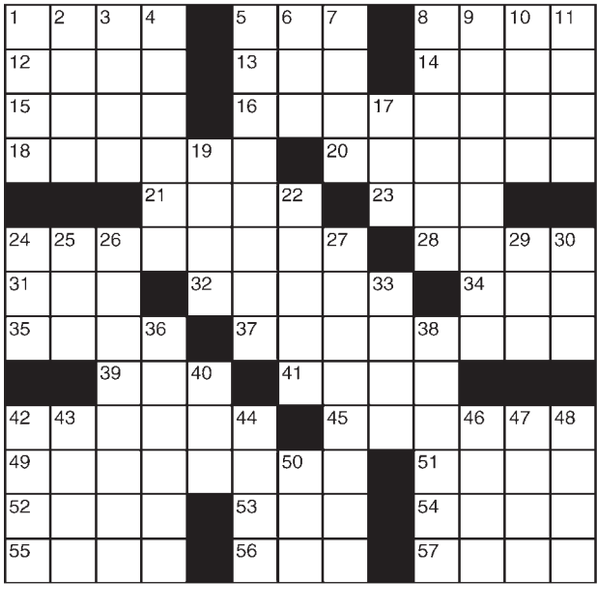
NFL to continue investigating bounties

The NFL plans to keep looking at plays from recent seasons after a league investigation found the New Orleans Saints paid bounties to players for knocking opponents out of games.

League spokesman Greg Aiello said in an email to The Associated Press on Sunday the NFL will be "addressing the issues raised as part of our responsibility to protect player safety and the integrity of the game."

THE ASSOCIATED PRESS

Crossword



Across

1 Gets a glimpse of
5 Tree fluid
8 One of the Three Bears
12 "Gone With the Wind" plantation
13 Actress Carrere
14 Letter jumble (Abbr.)
15 "Yeah, right!"
16 Dig
18 Soothe
20 On an angle
21 Tiers
23 Homer's interjection
24 Rough calculation
28 Outlet
31 "Humbug!"
32 "Top Chef" network
34 Cattle call?
35 Bjorn of tennis lore
37 Weaken
39 Anger
41 Leg joint
42 Party souvenirs
45 Standard
49 Move to another country
51 Crimson Tide, for short
52 — -a-ling
53 Auto fuel
54 From the beginning
55 Nervous
56 Tummy muscles
57 Camera part

Down

1 Impale
2 Facility
3 Rocker Clapton
4 Jungle expedition
5 Good glasses
6 — -en-Provence, France
7 Treaty
8 "Conditioned reflex" doctor
9 Curse
10 Cracker spread
11 Elderly
17 Help
19 Bausch's partner
22 Reeked
24 Recede
25 — Paulo, Brazil
26 Prosperous
27 Uniformity
29 "To be or — ..."
30 Sock part
33 Sandwich cookie
36 Needing more sleep, maybe
38 Oral
40 Make a mistake
42 Big party
43 In the thick of
44 Long story
46 Horse's neck hair
47 Prayer ending
48 Legislations
50 Bill

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer

Sudoku

2		4	5		8			
8					9	7		
	7				2		8	
	9			2				6
	3						4	
7				3			1	
	1		2				9	
		9	6					3
			1		7	4		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

5	7	3	2	1	9	8	4	6
6	9	2	8	4	3	5	1	7
1	8	4	6	5	7	2	9	3
2	1	6	9	8	4	3	7	5
7	3	9	5	2	1	4	6	8
4	5	8	3	7	6	1	2	9
3	2	7	4	6	5	9	8	1
9	4	1	7	3	8	6	5	2
8	6	5	1	9	2	7	3	4

Send a kiss

- **My Devishly Handsome Superhero** I'm really glad you flew back into my life. I'm less damsel in distress and more WonderWoman this time around, no? I'm busy not making plans and living for the day, and each day seems to get better, especially with you in it. I don't know what tomorrow will bring, Superheros aren't clairvoyant....but I know that today was brilliant. That's good enough for me. From The Best Girlfriend in the World
- **tori prince michelle** hi tornuts its been a long time your away from home and Monday is a big day for me to see you again after two months. From jose
- **babes** requesting an email message from you. please. would like to chat and hear your voice. I would email you but am skeptical. From your babes.

Weather

MONDAY	TUESDAY	WEDNESDAY
MAX: 0° MIN: -13°	MAX: 0° MIN: -1°	MAX: -7° MIN: -16°

BT BREAKFAST TELEVISION
JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20. Make an effort to be nice to people this week and they will make an even bigger effort to be nice to you.

Taurus | April 21 - May 21. Venus moves into your birth sign today, bringing both love and luck with it.

Gemini | May 22 - June 20. You can and you must banish all thoughts of failure from your mind today and throughout the week ahead.

Cancer | June 21 - July 22. You may get a bit emotional today. You may also find yourself saying words that would normally get stuck in your throat.

Leo | July 23 - Aug. 22. You won't be in the mood to try too hard today but that's OK because the people you live and work with will be happy to do things for you.

Virgo | Aug. 23 - Sept. 22. You seem to be moving on a higher mental and emotional level than usual.

Libra | Sept. 23 - Oct. 22. No matter how badly you have fallen out with a friend or family member you can still patch things up – but you've got to act now.

Scorpio | Oct. 23 - Nov. 21. You are at one with the world – and the world is at one with you.

Sagittarius | Nov. 22 - Dec. 21. If life isn't moving exactly how you want it to move then you cannot be trying hard enough.

Capricorn | Dec. 22 - Jan 20. Attitude is everything and your attitude is just perfect today.

Aquarius | Jan. 21 - Feb 18. If your head tells you one thing and your heart tells you another it is your head you must listen to.

Pisces | Feb. 19 - March 20. You know that what you are doing is right. You know that you are on the right track. SALLY BROMPTON

Caption Contest

"Just dashing through the snow."
Douglas

CHARLES KRUPA/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the above image and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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